

# TAYLOR SWIFT'S CRAZY CAT LADY FUTURE REVEALED

SINGER FORESEES LIFE AS A SAD, 30-YEAR-OLD KITTEN-PLAGUED SHUT-IN. PAGE 08

# metro

**BOSTON** Tuesday, March 3, 2015 [www.metro.us](http://www.metro.us) | t: MetroBOS | f: MetroBoston



## Space saver graveyard

**Somerville.** The city's policy of removing illegal space savers has led to quite a pile of garbage. PAGE 02



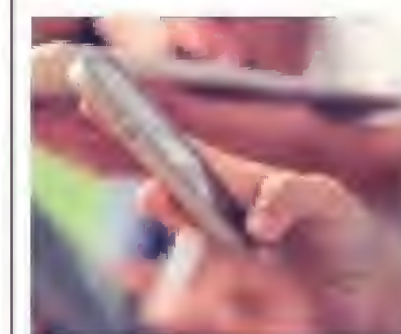
Somerville city employees throw collected space savers into a large pile at the Somerville Public Works facility. / NICOLAUS CZARNECKI, METRO

### Schilling comes to daughter's defense

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# 1

## NEWS

Top 3

### The best of Metro.us

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- 2 'Anxiety is warping your sense of time'
- 3 'Don't call her Belle Knox: A Q&A with Diana Colton, NYU student and porn star'



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Somerville city employees throw collected space savers into a large pile at the Somerville Public Works facility on Monday. / NICOLAUS CZARNECKI, METRO

# Somerville: Where space savers go to die

**Violations.** The city's "zero-tolerance" has resulted in a large collection of junk.

It is a winter's graveyard: a jumble of crates, garbage cans, classroom desks, road cones, buckets and every type of chair imaginable, including wooden dinner table chairs, beach chairs, steel folding chairs, camping chairs.

This small lot near the Somerville DPW that overlooks Trum Field, just off Broadway, is where space savers go to die.

While Boston typically allows a 48-hour grace period for space savers after the last snowfall, Somerville has a zero tolerance policy. If city crews see them, they're instructed to take them. Somerville Mayor Joseph A. Curatone said violators could possibly be fined for litter, but that never happens because

### Quoted

**"We're trying to find abnormal ideas to celebrate the departure of this abnormal winter."**

Curatone

"enforcement would be very difficult."

"We've been very aggressive in removing them," said Curatone, who estimates his city has spent north of \$5 million in snow removal and road treatment this winter. "We're always chasing it, quite candidly."

Monday morning, Somerville public works crews could be seen emptying truck beds of the parochial symbols of winter in greater Boston. The pile was sizable; Curatone said he couldn't give an estimate as to how many space savers the city had confiscated. He said

if people arrived at the DPW requesting their space saver, the city would give it back and tell them that such a practice is not allowed in the city.

The mayor considered the space savers to be a blight and a public safety hazard; one space saver got stuck in the blades of a piece of snow-removal equipment that was attached to a front-end loader and "gummed it up for about six hours ... enough time for that piece of equipment to clear a side street of snow."

No one owns a parking spot, he said.

"We're trying to find abnormal ideas to celebrate the departure of this abnormal winter," said Curatone. "We're going to query the public."

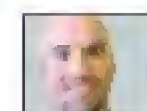
Among Curatone's ideas: a big yard sale or "a funky holiday sculpture of some kind."

Somerville isn't the only municipality that has started picking up the winter artifacts — threatening signs be damned — in the area.



Visit **Metro.us**  
To read more about  
Somerville's space  
saver issues.

Boston Mayor Marty Walsh announced last week that Monday city crews would start removing space savers. The city had an informal policy where people were allowed to save spots two days after the last snow; although people have been allowed to save spots for longer as Mother Nature dumped almost 8 feet of snow on the city in the last month or so.



DANNY McDONALD  
@DMacCash  
daniel.mcdonald@metro.us

### Art space

#### Somerville artists see potential for space savers

At least two Somerville artists say there is potential to make interesting art from the space savers.

"Honestly, making something out of that, I think it would be fantastic," said Ellie Laramée-Byers, a coordinator for Somerville Open Studios.

David Tonnesen, a sculptor who lives in Somerville, had an array of ideas.

He suggested melting the steel and plastic down and create snow shovels, planters or coffee tables the city could sell.

"Turn it into something people would actually keep and it doesn't end up in the trash stream," Tonnesen said.





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*Darren Ambler, co-owner, Insight Insurance Agency, Danvers*

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*Ask your broker about incentive programs exclusively through the Health Connector.*





# Schilling comes to daughter's defense

**Blasted.** Former Red Sox great Curt Schilling is lambasting Twitter trolls who have threatened the retired pitcher's daughter with sexual violence.

It started with this tweet:

"Congrats to Gabby Schilling who will pitch for the Salve Regina Seahawks next year!!"

Rape jokes, bloody underwear references and "pretty much every other vulgar and defiling word you could likely fathom," from various Twitter handles then followed, according to former Red Sox pitcher Curt Schilling, who was merely congratulating his daughter who'll start college in the fall.

Schilling struck back:



Schilling / GETTY IMAGES

"My daughter comes to me beyond upset. She didn't do anything, she never said anything, yet she's now receiving personal messages with guys saying things to her, well let's just say I can't repeat and I'm getting beyond angry thinking about it," Schilling wrote on his blog.

Schilling said his daughter's boyfriend, "a wicked good hockey player who has a fighting streak I absolutely love," is going "out of his mind to be let off his leash. ... But unlike the athletes tweeting this stuff he understands the potential consequences of his actions and knows the time and place will hopefully come when he can make it right on his own terms."

Schilling added: "These boys have yet to understand one of life's most important lessons. In the real world you get held accountable for the things you say and if you are not careful that can mean some different things. ... This is a generation of kids who have grown up behind the monitor and keyboard. The real world has consequences when you do and say things about others."



DANNY McDONALD  
@DMacCash  
daniel.mcdonald@metro.us



## Norwell barn collapse traps 14 horses

A barn collapse in Norwell briefly trapped 14 horses on Monday. The collapse was discovered around 7 a.m. The horses needed to be sedated before they were brought out of the barn. They were all rescued by 9:30 a.m. **METRO** / NORWELL FIRE DEPARTMENT

Boston Globe

## Paper not selling Dorchester HQ to Winstanley

While still pursuing development of its 16.5-acre headquarters tract, the Boston Globe over the weekend announced it would not be selling its Dorchester property to Winstanley Enterprises.

"We have enjoyed an excellent rapport with Winstanley Enterprises throughout the due diligence process, however the developer decided to not move forward with their redevelopment plan after one of their capital partners withdrew from the project," Globe President and CEO Mike Sheehan said in a statement.

He added, "The property is a well-situated and sizable parcel of land and we will want to find the right partner, but we are in no rush."

STATE HOUSE NEWS SERVICE

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**“Wall Street Analysts Praise New Breakthrough”**

# New Fat-Melting Pill Could Put Diet Industry Out of Business by 2016

Special Report by  
Health & Fitness Editor  
Steve Engerson

**NEW YORK —**

You know what they say; if it sounds too good to be true, it probably is! That is, until recently when a small Colorado nutraceutical company developed the unbelievable... a new pill, that lets you drop dramatic amounts of weight — apparently without much effort at all!

## Meet the Pill that Disintegrates Fat Cells ...While You Sit Still.

Shred360™ originally shook up the fitness industry because of the way it **DOUBLES** your fat-burning potential and made fitness models “camera ready” in dramatically less time.

Shred360™ allows ANYONE, not just fitness professionals, to **LOSE INTENSE AMOUNTS OF FAT** — without grueling workouts or tasteless diet foods. It works by first breaking apart, then disintegrating your stubborn fat cells — so you drop pounds and inches even while you **SLEEP!** And best of all, Shred360™ was just released to the general public. That means you can experience unprecedented weight loss too.

## Two Servings Replace Hours of Grueling Workouts. ACCELERATE the Speed of Your Metabolism by up to an Astounding 43%!

By creating a “Sedentary Cellular Workout” (nearly doubling the speed of

your metabolism) Shred360™’s formula actually fools your body into thinking that you are lifting weights and running hard... increasing your metabolic rate by 43% and **BURNING FAT FAST...**

**SIXTEEN** Highly Refined Ingredients Vaporize Fat Without Effort Unlike Anything Ever Released!

Shred360™ is **VERY** Different from anything you’ve seen. Its proprietary blend of **SIXTEEN** potent ingredients, are Scientifically **PROVEN** to:

- Evaporate Fat by Speeding Your Metabolism by an Astonishing 43%
- Fool your body into burning carbs as energy — NOT storing them as fat
- Fool your body into **BURNING** Stored **FAT** through Thermogenesis and lipolysis
- Fool your body into feeling full — the ultimate appetite suppressant
- Enable your body to **PRESERVE** Lean, Healthy **MUSCLE**
- Increase energy and mental clarity almost immediately — guaranteed

And unlike highly ineffective, slickly marketed “diet supplements” (that are usually glorified caffeine pills) — Shred360™ (originally formulated for top athletes) will:

- **NEVER** make you jittery
- **NEVER** make your heart race
- **NEVER** leave you feeling hungry

Shred360™’s formula includes well documented Green Tea, Vitamins B6 & B12, Green Coffee and Raspberry Ketones, among others. Together, they are **unconditionally guaranteed** to make every surplus bit of your unwanted fat disappear — effortlessly — without starvation diets and painful exercise... while at the same time preserving the lean healthy muscle that your body needs.

## Fitness Professionals Praise The Fat Burning Power of Shred360™

“Shred360™ Is the Best of the Best. In all my years of being a Fitness Professional, I’ve never recommended a fat-burner because almost all fat burners fall short... but I was so impressed with the science, the ingredients, AND the personal results of this product — I contacted the company directly to share my excitement.” Shaun Hadsall — Fitness Trainer, creator of the “4-Cycle Fat Loss” system

## Analysts Think Shred360™ Could put Jenny Craig and Weight Watchers Out of Business by 2018

Analysts (who have studied Shred360™’s ability to isolate, breakup and eliminate fat from the body) predict traditional weight loss companies will be obsolete in the next 4-years.

Let’s be honest. For most of us, the absolute ease of losing fat with Shred360™ is much more important than the science of “how it works”. As one Wall Street Investor put it, “By using Shred360™ — you can eat like a normal person, skip the gym, and lose the fat you want while you sleep — so who in their right mind would ever use a company like **Jenny Craig** or **Weight Watchers**? The answer, clearly, is no one.”

**No more tasteless “diet frozen meals”, no more prepackaged “food”, no more time consuming trips to the gym, and no more clubs to join — PLUS Shred360™**



nearly doubles your metabolism and burns fat while you **SLEEP** — making it the most important breakthrough in weight loss history... and that has mainstream companies worried...

## Produced Under Highly Controlled Environmental Conditions In Small Batches, So Supplies Are Very Limited

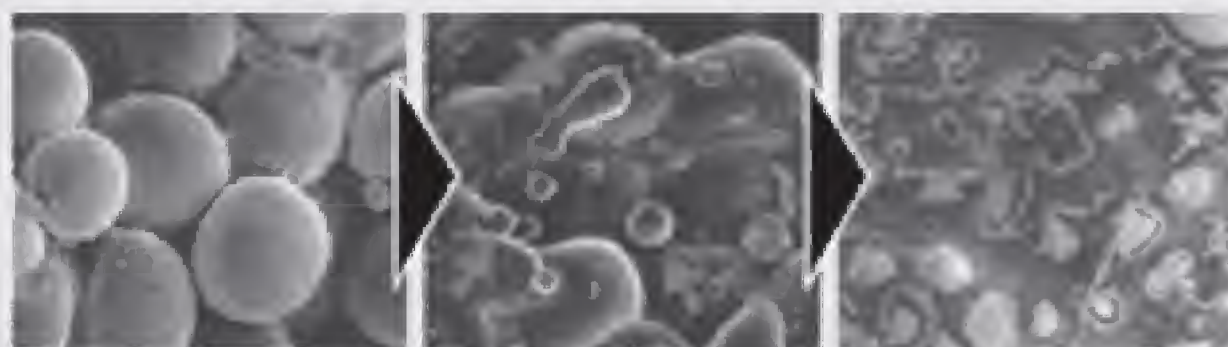
Shred360™ was originally developed for Top Fitness Professionals (a very small market) and was never meant to be the all-around fat burner that it, thankfully, turned out to be. Because of this, Shred360™ is produced under highly controlled conditions, in one of America’s Top Certified Supplement manufacturing facilities, in very small batches... making supplies quite limited. This production method guarantees that Shred360™ is always pure, always safe, and always effective. Shred360™ truly is a “Professional Grade” supplement.

## Special Opportunity for Our Readers — Small Sample of Shred360™ Made Available with No-Questions-Asked 365-Day Guarantee!

As the Health and Fitness Editor, I am happy to say that I have been able to reserve a limited supply of **GUARANTEED TO WORK Shred360™** — for 100 of our readers (I wish it could have been more — but their supplies are very limited). All you have to do is call them directly at 1-800-798-4188 and request your limited supply plus additional **FREE** bottles (just ask).

You will see — stubborn unwanted fat will be eliminated from your body with absolute ease. But please don’t wait to call... once these free samples are gone — they are gone for good.

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It works by first breaking apart, then disintegrating your stubborn fat cells — so you drop pounds and inches even while sitting or even sleeping!

These statements have not been evaluated by the US Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Results not typical.



## Bomber. Slain brother's role to loom over trial

Lawyers for Dzhokhar Tsarnaev sparred with federal prosecutors on Monday over how early in the trial they may discuss his older brother's role in the Marathon bombing, suggesting the defendant's life may well hang on that question.

Tamerlan Tsarnaev died that night following a gunbattle with police, but defense attorneys described him as the driving force behind the largest mass-casualty attack on US soil since Sept. 11, 2001. They said the jury must understand his role to make a fair decision on whether to sentence Dzhokhar to death or life in prison if he is convicted in a trial due to begin on Wednesday and last into June.

"The lead conspirator, the person who started all this and without whom the Boston Marathon bombing would never have occurred, the older brother, is dead ... That presents a problem for the government's request for

### Procedure

In a federal death penalty case, a jury must first determine whether the defendant is guilty and then consider his sentence. Prosecutors argued that Tsarnaev's lawyers should not focus on the older brother until the trial's second phase.

the death penalty," defense attorney David Bruck told U.S. District Judge George O'Toole.

"The government says the motive is extremist, jihadist ideology," Bruck said as Tsarnaev sat quietly in court, dressed in a sport jacket and open-collared shirt. "That opens the door for us to respond that a large part of the motive may have been the defendant's love for, admiration of, submissiveness to, his older brother."

"It's simply not relevant," countered Assistant U.S. Attorney Aloke Chakravarty.

REUTERS



## Cult of the Burger

Shake Shack, the New York-based burger chain dubbed McDonald's for yuppies, opened its second Boston location yesterday, on Newbury Street. The company raised \$105 million in a stock offering in January, and will use the cash to add nearly 400 more outlets to its 63 burger joints worldwide. / NICOLAUS CZARNECKI, METRO

### Robbery

## Yarmouth couple steal TV, drop kid

They got the flat-screen — but almost lost the five-year-old kid.

Lisa Degerolamo and Daniel McLaughlin, both of Yarmouth and both 29, were under arrest Monday after stealing a TV from Walmart, Falmouth cops say.

As they sped off in their SUV Sunday, a five-year-old in the getaway vehicle tumbled out of a side door that hadn't been closed all the way because the TV was so massive.

According to Cape Cod Today, people in the parking lot attempted to help the child before Degerolamo returned, picked up the child and fled.

Police said the child was in state care.

The pair won't be able to enjoy the TV; they've been slapped with larceny, driving with a suspended license — and reckless endangerment of a child.

METRO

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# Five things you need to know

## Netanyahu warns an Iran deal could threaten Israel's existence

Israeli Prime Minister Benjamin Netanyahu warned the United States on Monday that the nuclear deal it is negotiating with Iran could threaten Israel's survival and insisted he had a "moral obligation" to speak up about deep differences with President Barack Obama on the issue.

Even as he set the stage for a Washington visit that has strained U.S.-Israeli relations, Netanyahu sought to



NETANYAHU

lower the temperature ahead of his controversial address to Congress on Tuesday, saying he meant no disrespect for Obama and appreciated U.S. military and diplomatic support for Israel.

The Israeli prime minister left little doubt, however, about his objections to ongoing talks between Iran and world powers, which he said would allow Tehran to become a nuclear-armed state.

"As prime minister of Israel, I have a moral obligation to speak up in the face of these dangers while there's still time to avert them," Netanyahu told a cheering audience at the annual conference of the American Israel Public Affairs Committee (AIPAC), the largest U.S. pro-Israel lobby.

Netanyahu said the relationship between his country and the United States was "stronger than ever" and not in crisis. **REUTERS**

## \$4M in gold stolen from truck in NC

Three armed men are on the run after they stole \$4 million worth of gold from a tractor-trailer along Interstate 95 in North Carolina.

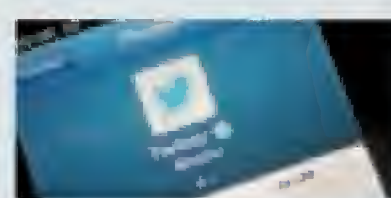
Two armed security guards reported the robbery around 6:45 p.m. on Sunday to Wilson County sheriff's deputies.

They were passing through Wilson County about 50 miles east of Raleigh, their truck carrying the shipment of gold and silver had mechanical problems, so they pulled it to the side of the road.

While they were parked, three armed men in a white van approached them, ordered them onto the ground and tied their hands behind their backs. **REUTERS**



REUTERS



## Twitter, law enforcement investigate ISIS threats

Twitter and law enforcement authorities are investigating alleged threats made by Islamic State militants against the social media network's co-founder and other employees, the company said in reaction to media reports.

Islamic State supporters, in online posts on Sunday, called for attacks against Twitter and its "interests," including death threats, according to the online news media company BuzzFeed as well as the NBC news network. **REUTERS**

## HP to buy Wi-Fi gear maker Aruba Networks for \$2.7 billion

Hewlett-Packard said it would buy Wi-Fi network gear maker Aruba Networks for about \$2.7 billion, the biggest deal for the world's No. 2 PC maker since its botched acquisition of Britain's Autonomy Plc in 2011.

HP has had a dismal record for big acquisitions, having written off multi-billion-dollar purchases of Autonomy and technology outsourcing provider EDS, which it bought in 2008.

The purchase of Aruba would help HP boost its share in the wireless local area network market as more companies allow employees to access work systems through their wireless devices. **REUTERS**

## Pham sues Dallas hospital over Ebola virus

The first person infected with Ebola in the U.S., nurse Nina Pham, sued a Texas hospital, saying it did not do enough to prevent her from contracting the virus and invaded her privacy after she was diagnosed.

In the suit against Texas Health Resources (THR) in Dallas County Court, Pham claims the hospital did not initially provide nurses with proper protective equipment or properly train staff on how to treat the disease.

The suit accuses the hospital of negligence and deception. It does not specify an amount in damages. **REUTERS**



NINA PHAM



**ISRAEL** has built over **150** settlements on land **STOLEN** from Palestinians.<sup>1</sup>

<sup>1</sup>United Nations Office for the Coordination of Humanitarian Affairs (2012, January).

Does  
Israel  
want  
peace...  
or land?

**PALESTINE  
ADVOCACY  
PROJECT**

[PalestineAdvocacyProject.org](http://PalestineAdvocacyProject.org)



# 2

## CULTURE



### Twitter feed

Today, Patty Duke is being very affectionate, Jaden Smith is so not down, Elizabeth Hurley doesn't realize spring starts later in March, Ricky Martin is shifting focus and Emma Bunton is filled with regret. And pie.

@pattyduke\_id: Sending big hugs to all.

@officialjaden: Way Way Way Way Up

@ElizabethHurley: So much for supposed first day of Spring yesterday- a nonsensical theory on all counts. Snow this morning in Herefordshire.

@ricky\_martin: It's not what happened, it's what will happen.

@EmmaBunton: Why oh why did I eat pie for breakfast!

## Taylor Swift predicts she will be a crazy cat lady by 30



ALL PHOTOS GETTY IMAGES

Taylor Swift is more than happy to talk about her love life. Or lack thereof. "I'll probably still be single at 30," she tells the Telegraph. "Let's be honest. No one's going to sign up for this and everything that goes with it. 'Hi, nice to meet you, want a date? Do you love camera flashes? I hope you do!' I don't know what's going to happen if I'm ever content in a relationship — no idea how that's going to work. I don't even know if that's possible with the life I have."

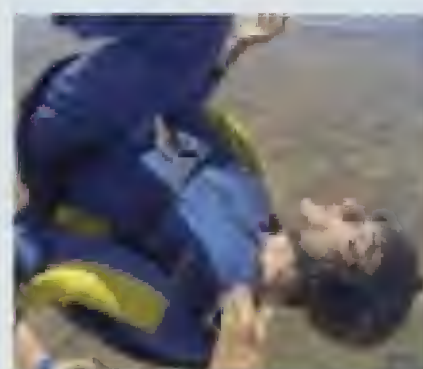
But at least she has her cats

— which factor heavily into her prediction of where life will find her in the near future. "In five years' time, she'll be so afraid of everything, she doesn't leave her house," Swift offers, slipping into a bit of third-person nuttiness. "She's just surrounded by cats. So many cats, they've divided themselves up into armies and she wanders around lint-rolling the couch that no one's going to sit on because she's afraid to have people over." Sure, she's joking, but now I feel sad.

### Daily video

## This guy had a seizure while skydiving

If you've had reservations about giving skydiving a try because you're — understandably — terrified, this likely won't help. YouTuber Christopher Jones posted a video of a jump he took in November that was interrupted by a debilitating seizure mid-free fall. Yikes. Let's just let Jones describe it: "Possibly the scariest moment of my life," he writes. "While doing stage five of my Accelerated Free Fall program I have a near death experience. At around 9,000 feet I have



NOMADIC ADRENALINE, YOUTUBE

a seizure while attempting a left-hand turn. I then spend the next 30 seconds in free fall unconscious. Thankfully my jumpmaster manages to pull my ripcord at around 4,000 feet. I become conscious at 3,000 feet and land safely back to the ground." So, who wants to go skydiving?

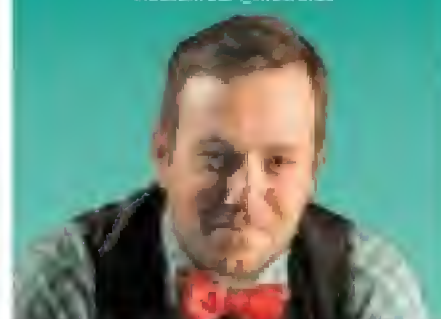
## THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRRBAR

@Nedrick

ned.ehrbar@metro.us



## Maggie Smith also thinks 'Downton Abbey' has gone on too long

"Downton Abbey" will be back for a sixth season, and it could be the show's last. It will likely be for star Maggie Smith, anyway, who's reportedly looking to hang up her impressive Dowager Countess hats after one more bout of sneering insults and tut-tutting. "They say this is the last one, and I can't see how it could go on," Smith tells the UK's Sunday Times. "I mean, I certainly can't keep going. To my knowledge, I must be 110 by now. We're into the late 1920s." As to who "they" are, good question, as creator Julian Fellowes has been cagey about when the series will end. But it sounds like he's already given Smith an idea.



PBS

## News flash: Cameron Diaz likes sex, hates Twitter

Newlywed Cameron Diaz has an exciting new workout routine for you to try, but just don't expect her to release a video for it. Diaz decided it was about time she took a firm position on the topic of sex. "It's something healthy that we need to be doing for many different reasons," she tells Cosmopolitan. Also healthy? Exercise. "People say, 'My body rejects exercise.' No, it doesn't. Your mind rejects exercise." Whoa.

But it's not all positivity and sunbeams in Diaz's latest treatise. She also admits there are some things she doesn't like. For instance, Twitter. "I think social media is a crazy-ass experiment on society," she says. "The way people use it to get validation from a bunch of strangers is dangerous. What's the point?" Says the woman on the cover of a magazine talking about her sex life.



## What it takes to get Kanye West to speak at Oxford



Kanye dropped some wisdom at Oxford.

Kanye West gave a lecture at Oxford University Monday because obviously, right? He's all about the speeches these days. But what did it take for the Oxford Guild Business Society to get Yeezus at the lectern? "Many hours negotiating against the odds," according to Guild Chairman Abbas Kazmi. But was it worth it? Totally,

according to live-tweeting by students attending the event. He offered some gems like, "Why I say the Matrix is like the Bible and what is my definition of the Matrix?" and "We have the ability to approach our race like ants, or we have the ability to approach our race like crabs." Oh, and: "Obama calls the home phone, by the way."



# An 'Intimate' view of the past

**Review.** Lyric Stage offers a glimpse into the life of a turn of the century seamstress.

At first glance, "Intimate Apparel" might feel like "Real Housewives of New York" circa 1905. But playwright Lynn Nottage's lovely tale of an African-American seamstress is deceptively rich, despite its simple framework.

Though void of any huge plot twists, the Lyric Stage Company's latest production overcomes potential shortcomings with strong characters whose stories offer a glimpse into divergent Manhattan lives and cultures from a long gone era. Director Summer L. Williams sets the tone with a quiet elegance that lets you know you're watching something special.

Esther (Lindsey McWhorter) is an accomplished seamstress whose custom corset clients come from a range of walks of life, including unfulfilled

society maven Mrs. Van Buren (Amanda Ruggiero) and busy prostitute Mayme (Kris Sidberry). Her circle of influence also includes Mr. Marks (Nael Nacer), a Romanian-born, Orthodox Jew who owns the fabric store where she shops and Mrs. Dickson (Cheryl Singleton), the owner of the rooming house where she lives. The course of all their lives changes almost immediately after Esther begins corresponding with George (Brandon G. Green), a Panama Canal worker introduced via mail by a mutual friend. Their letter-writing relationship, which feels like a precursor to online dating, results in the marriage of two people who barely know each other.

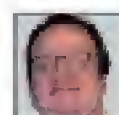
McWhorter is understated as Esther, but every gentle move and graceful gesture feels like an organic extension of the character's words. She quietly gets you so invested, you'll have a visceral reaction to her highs and lows.

The supporting cast is just as strong. Green proves adept at delivering the duality of



Lindsey McWhorter's strong performance grounds Lyric Stage's "Intimate Apparel." / GLENN PERRY

George, while Kris Sidberry brings both levity and sadness to her outstanding portrayal of Mayme. Local favorite Singleton demonstrates, yet again, why theater fans would like to see her work more often.



NICK DUSSAULT  
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If you go

## 'Intimate Apparel'

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### TV watch list

#### COMEDY

### 'Fresh Off the Boat'

The family has to figure out what to do when they're targeted by vandals, but Eddie has even bigger problems: He's trying to win over a girl in his class. 8 P.M., ABC

#### REALITY

### 'Hell's Kitchen'

The 18 contestants will be vying for the chance to have a night out with William Shatner. What does a night out with Shatner actually look like? SEASON PREMIERE, 8 P.M., FOX

#### TALK SHOWS

### 'Tonight Show Starring Jimmy Fallon'

Jimmy classes it up for the night by having Dame Judi Dench stop by. 11:35 P.M., NBC  
LISA WEIDENFELD

#### DRAMA

### 'Chicago Fire'

Tensions arise after the interim chief makes some decisions that cause problems during an apartment fire. And, on the lighter side, Dawson goes on a double date with Brett and Cruz. 10 P.M., NBC



Severide might be saving the day again on "Chicago Fire." / ELIZABETH MORRIS, NBC

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2/4	Cannon*	3/13	Cannon*
2/7	Jay Peak	3/13-15	Orford
2/8	Sunday River	3/14	Stowe
2/13	Killington*	3/15	Wildcat
2/13-16	Montreal	3/17	Loon*
2/14	Stowe	3/20-22	Sunday River
2/15	Jay Peak	3/21	Jay Peak
2/16	Sunday River*	3/22	Sugarbush
2/19	Okemo*	3/25	Killington*
2/20-22	Sugarloaf	3/28	Sunday River
2/21	Jay Peak	3/29	Loon
2/22	Killington		
2/25	Wildcat*		

### APRIL

4/4-6	Sunday River
4/5	Jay Peak
4/6	Sunday River*
4/12	Jay Peak
4/13	Killington*

### MARCH

3/1	Okemo
3/4	Killington
3/6-8	Sugarloaf
3/7	Sunday River

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# 5 Ways to unplug without feeling disconnected

There's been a bit of a tech backlash lately, which partly led to the creation of the National Day of Unplugging, coming up this Friday. Instead of just disconnecting for one day and being digitally overloaded during the other 364 days, we talked to Orianna Fielding, author of "Unplugged," about finding balance year-round. **EMILY LAURENCE**

## Stop sleeping by your phone

Fielding advises ditching the habit of sleeping with your phone next to you or using it as your alarm clock. And don't look at it before bed. "Looking at a bright screen, however small, just before going to sleep makes the body release approximately 22 percent less melatonin, which is the hormone that triggers sleep," she says.



## Create a digital-free space at home

Designating a quiet nook in your apartment where you can sit without distractions can really reduce your stress levels. "Creating a space both physical and mental where you can just pause, think and unwind goes a long way toward helping you reconnect with yourself, family and friends," she says.



Our expert says to break the habit of using tech before bed. / ISTOCK

## Leave your desk more

A lot of offices have gotten into the habit of using emails or instant messaging as the primary form of communication, even with someone who sits one cubicle over. Fielding says to counteract that by taking 10-minute breaks away from your desk every couple of hours. It will give your mind a chance to recharge.

## Keep your phone off the dinner table

You may want to Instagram your food, but as soon as you take that pic, stash your phone. And if you have a friend who texts while you're trying to catch up, Fielding says the best thing to do is to lead by example. "Be someone who never has their phone out in the company of other people," she says.

## Make 'digital detoxing' a habit

Whether you start disconnecting for a couple hours every night or for an entire day every week, Fielding says you'll instantly feel less stressed. "A digital detox will increase your ability to resist the call of the social network siren," Fielding says. "You'll feel less hurried and time will be less pressurized."

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Me with my boys: my husband Edwin and sons Hudson and Crosby. / PROVIDED

# WHAT PARENTING GOAL DID YOU WAKE UP WITH TODAY?

Allow me to introduce myself. My name is Yesenia Almonte, and I'm a first-generation American, born and raised in New York City — a city that I love.

Like pretty much every other parent, I wake up with the same mommy goal every day: to raise good and productive human beings. It sounds simple enough, but boy is it tough. I'm trying to figure out the whole parenting thing as I go along, and every single day, without fail, I question my parenting skills. I'm continually asking myself whether I am doing the

right thing by my husband and two little buddies, Hudson, 3, and Crosby, 10 months old.

I call my own mother every day to get her advice on things — advice that doesn't always align with my own views, but my parenting will always stem from the cultural influences passed down by my parents, two Dominican immigrants.

One thing I do know is that I want my children to aspire to all that is good. This is the idealist and eternal optimist in me, but I believe that when you are surrounded by good, you

want to do good. But the realist in me knows that the world isn't always safe, pretty or perfect, so I'm teaching them to be tough, too!

So, this is me: I've failed. I've succeeded. I've made some mommy mistakes and will continue to make some more — just hopefully not the same ones! I'll share my journey with you along the way, right here in this paper and online at metro.us every two weeks.

And, of course, I want to hear from you, too! What's your daily mommy goal? Hit me up on Twitter or Instagram: @yeseniaalmone.

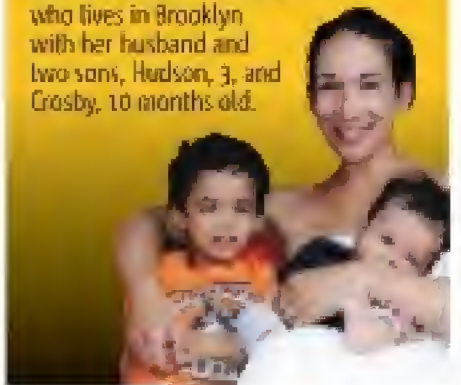


Mommyhood Musings

**YESENIA ALMONTE**

Twitter and Instagram: @yeseniaalmonte

Meet Metro's new parenting blogger, who will be sharing her parenting triumphs and fails — and taking you along for the ride. Yesenia Almonte is a born and bred New Yorker who lives in Brooklyn with her husband and two sons, Hudson, 3, and Crosby, 10 months old.



## Shopping. Actress Melissa Joan Hart launches a clothing line for little boys

As the mother of three boys — Braydon, 6, Tucker, 4, and Mason, 2 — Melissa Joan Hart and her husband Mark Wilkerson have gone through their fair share of children's clothes. Frustrated by the feeling that everything looked the same — graphic tees featuring The Hulk or Spider-Man — the couple decided to launch their own line, King of Harts, out this week.

"We decided to use our little boys as inspiration as well as a 'Made in the USA' theme, since everything is [produced] in the U.S.," Hart tells us. "Our first Spring line is inspired by Montauk, New York, which is near where I grew up on Long Island. And then the fall line is inspired by Lake Tahoe, our favorite vacation spot."

The couple also took the boys' rough-and-tumble lifestyle into account, adding extra reinforcement in the knees to keep pants from easily tearing. "We're having so much fun with it," she says, adding that most of the designs are her husband's ideas. "This is something my husband and I started together because



MELISSA JOAN HART  
PROVIDED

The clothes are designed with little boys in mind. / PROVIDED

we wanted to do something family-related that we could be proud of while also bringing some industry back to the U.S. We're so excited about it."

The line will be sold online at kingofharts.com and at specialty boutiques nationwide. Prices range from \$32-\$88. **EMILY LAURENCE**

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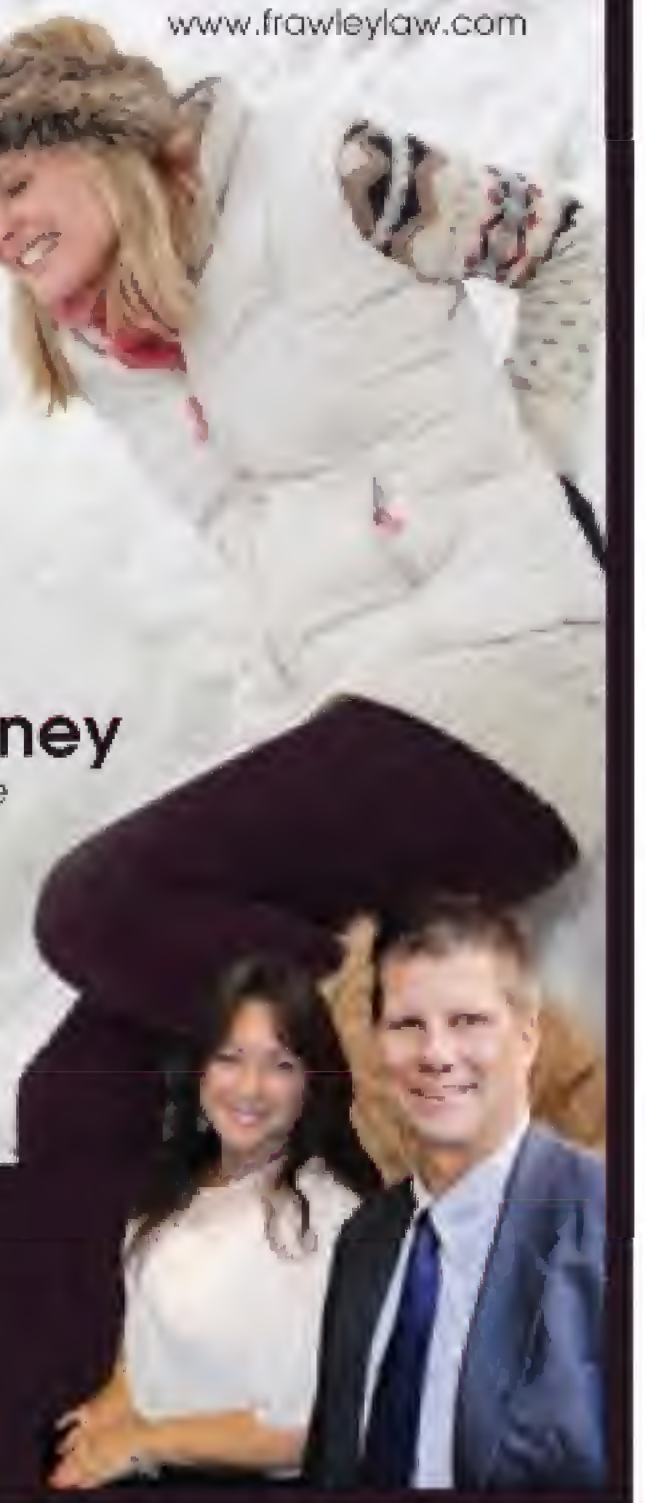
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## Horoscope

**♓ Pisces | Feb. 19-March 20**  
Make the most of what you have. Advancement looks promising. Schedule an interview, apply for a new position or speak to a superior about a future project or raise.

**♈ Aries | March 21-April 20**  
Love is in the air. Offer your loved ones affection and devotion. Think about a way to improve your current living arrangements.

**♉ Taurus | April 21-May 21**  
Take some time to organize your thoughts. Younger or older family members will make demands of you if you let them. Put your needs first for a change.

**♊ Gemini | May 22-June 20**  
Property deals are worth looking into. Make your home a place of comfort and relaxation. Any alterations that add to your peace of mind and ease your stress should be considered.

**♋ Cancer | June 21-July 22**  
The people around you will be difficult to handle. Don't waste time trying to get others to contribute. You will make more progress if you deal with things on your own.

**♌ Leo | July 23-Aug. 22**  
Let your imagination soar. Work on a creative project that you have been reluctant to start. Your passion and enthusiasm will bring a momentous and satisfying outcome.

**♍ Virgo | Aug. 23-Sept. 22**  
You shouldn't slack off just because things are going nicely. Be prepared to take whatever steps are necessary to build a bright future. The gains you make now will ensure security.

**♎ Libra | Sept. 23-Oct. 22**  
Be bold. If there is something you desire, go after it. Your confidence and charm will lead to a promising future as well as a chance to develop new skills.

**♏ Scorpio | Oct. 23-Nov. 21**  
It will feel as if you are taking one step forward and two steps back. If you don't give in to frustration or anger, you will accomplish everything on your agenda.

**♐ Sagittarius | Nov. 22-Dec. 21**  
Don't get stuck in a rut. Plan an evening of entertainment or romance for someone special. A pleasurable indulgence or break from routine will boost your morale.

**♑ Capricorn | Dec. 22-Jan. 20**  
If you are constantly being drained by others, it's time to stop and reassess your relationships. You deserve to be treated the way you treat others.

**♒ Aquarius | Jan. 21-Feb. 18**  
Weed out anything that is no longer useful or necessary. Possessions, ideas or relationships that are holding you back should be dealt with quickly.  
**EUGENIA LAST**

## Letters to the editor

## Don't let Netanyahu convince U.S. to make Iran the next Iraq

The last time we listened to a buffoon fear-mongering about supposed weapons of mass destruction, we were "rewarded" with the Iraq debacle.

War should be the last option once all others have been exhausted.  
If Israeli Prime Minister

Netanyahu wants a war with Iran, Israel should go it alone. No U.S. military support. No U.S. dollars.

CARL HANSON, VIA EMAIL

## Very first book of the Bible provides a vegan lifestyle for humans

Re: 'Bible doesn't advocate for veganism' (Metro, Feb. 18) I just wanted to make a

short comment about a letter to the editor by reader Scott Perry.

He stated that God does not support a vegan lifestyle of eating, and quoted some Scriptures incorrectly. Romans 14 speaks about weak and strong faith, and was just referring to food as a parable. Furthermore, the Bible is inerrant and alive today, because it holds wisdom and truths that we can utilize in our daily lives.

According to Genesis, the first book of the Torah, the initial diet of humanity was a vegan diet: "I give

you all plants that bear seed everywhere on Earth, and every tree bearing fruit which yields seed: they shall be yours for food. All green plants I give for food to the wild animals, to all the birds of heaven, and to all reptiles on Earth, every living creature, it shall be theirs for food." (Genesis 1:29-31)

SHIRL C., VIA EMAIL

## letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## Sudoku: Easy and hard

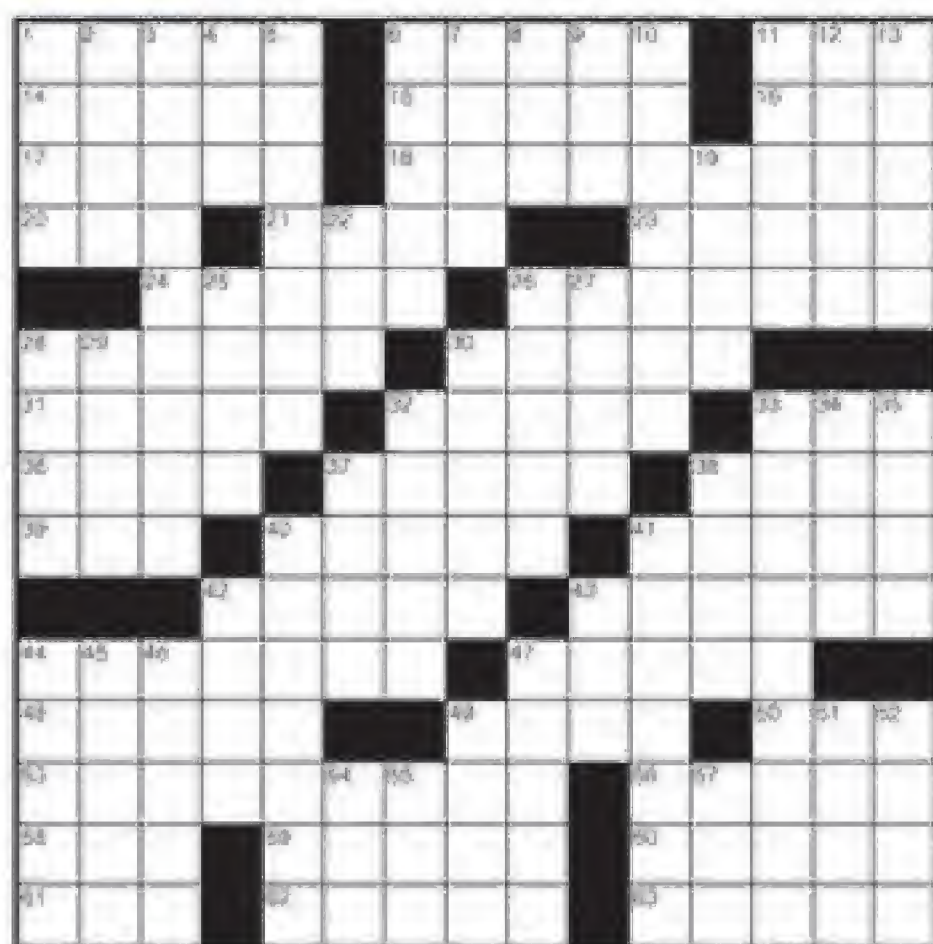
9	4					1	6	7
			6				2	9
		3			1			5
			1	6				
6	2						7	3
				4	7			
2			7			5		
1	7				3			
3	9	6					8	2

	2	9				4	6		
1	6					8			7
							3	1	
8	4					1			
		7	3			6	8		
			8					6	1
	7	5							
2			4					5	6
		1	6				2	3	

## How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword



## Across

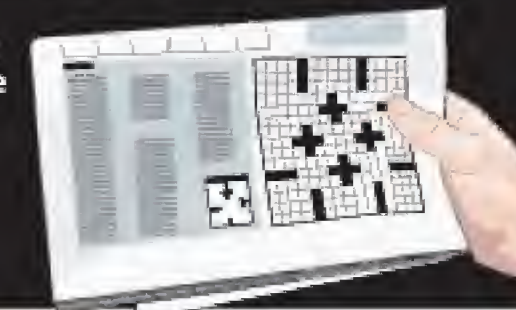
- 1 Roundup gear
- 6 Propeller arm
- 11 Open a barrel
- 14 Radius neighbors
- 15 "Them" author
- 16 Dash off
- 17 Go bad, as meat
- 18 It may have big ears (2 wds.)
- 20 Erratic move
- 21 Sea in Antarctica
- 23 Caught cold
- 24 With merriment
- 26 See firsthand
- 28 Drill through
- 30 Actress Anouk —
- 31 It has a crust
- 32 Lurid novels
- 33 Pirate's quaff
- 36 Bronze and Iron
- 37 Ties up
- 38 Batman creator
- 39 Install a lawn
- 40 Soft matted wools
- 41 Turnpike rumbler
- 42 Recital pieces
- 43 Tips off
- 44 Riverbank burrower
- 47 Slacks material
- 48 Meat-stock jelly
- 49 Coarse file
- 50 Party girl
- 53 Quick change artist?
- 56 Peter, in Panama
- 58 Wield an ax
- 59 Ship of 1492
- 60 Ms. Verdugo
- 61 Subject for Keats
- 62 Tough alloy
- 63 Subway patron

## Down

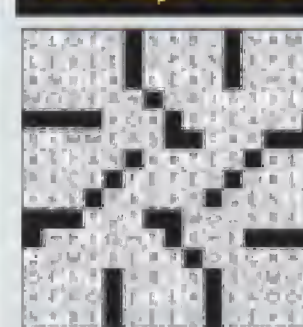
- 1 Skater's jump
- 2 Jai —
- 3 Cackled snidely
- 4 Kyoto honorific
- 5 Largest bird
- 6 Official
- 7 Axioms
- 8 Wolfed down
- 9 Fiddle-de- —
- 10 Manors
- 11 Oar fulcrum
- 12 Buenos —, Argentina
- 13 Hangs fire
- 19 Movie
- 22 Flamenco cry
- 25 Some are liberal
- 26 Rugged country
- 27 Holy terrors
- 28 Edible seeds
- 29 Desdemona's enemy
- 30 Women with nieces
- 32 Airline employee
- 33 Forced through
- 34 Cohesive entity
- 35 Clutter
- 37 Bartok or Lugosi
- 38 Fast on the uptake
- 40 Tongs
- 41 Mule, for example
- 42 Glance over

Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



## Yesterday's answer



- 43 Contented sounds
- 44 — Picchu
- 45 Flashlight carrier
- 46 Salmon do it
- 47 Dark line on Mars
- 49 By heart
- 51 Type of eagle
- 52 Male guinea pig
- 54 Afire
- 55 Flight dir.
- 57 Cotton gin name



# Bruins trade for Connolly, Talbot ahead of deadline

**NHL.** Looking to bolster their chances at the postseason, the B's made a pair of moves Monday.

It was probably unrealistic to start, but anyone expecting the Bruins to make a blockbuster trade at the deadline Monday were left very disappointed as the B's only acquired a couple of bottom-six forwards (Brett Connolly and Max Talbot) while also losing Craig Cunningham on waivers to Arizona.

The 2015 NHL trade deadline came and went with Boston not really making a splash, despite the fact that with David Krejci on long-term IR, they had some extra money to potentially work with. The Bruins, at least, finally said goodbye to Jordan Caron, who was a complete bust here even though he had countless opportunities to show the franchise anything of what made him a first-round pick in 2009 (25th overall).

A right-handed right wing, Connolly is only 22 years old and was a first-round pick in 2010 (sixth overall). He had played parts of four seasons in Tampa Bay, but this was his



Max Talbot has been a productive forward with several Eastern clubs, including the Penguins and Flyers. / GETTY IMAGES

breakthrough campaign with 12 goals and three assists in 50 games along with 38 penalty minutes. He was skating regularly on the Lightning's third forward line. He is 6-foot-2 and 181 pounds.

Last season with Syracuse (Tampa Bay's AHL club), Connolly put up 21 goals and 36 assists. His cap hit is only \$850,500 and he will be a re-

stricted free agent on July 1. Rather than getting a rental, Bruins GM Peter Chiarelli seemed to be targeting a player who could potentially develop into something more with them over the next few years.

Cunningham (2 goals, 1 assist in 32 games) wasn't a star by any means, but he appeared to be ticketed for a spot on the fourth line of the future with

Gregory Campbell headed to free agency this summer and Daniel Paille suffering through a brutal 2014-15. Instead, like Matt Fraser (Edmonton) earlier this season, the B's lost a promising young player who they had to put on waivers to free up a roster space. It was somewhat of a puzzling move for the Bruins.

Finally, Chiarelli bailed on

## By the numbers

# 84

Max Talbot could be a big asset for the Bruins if they make the postseason. He's played 84 NHL playoff games, scoring 18 goals and 21 assists.

Caron, who finished with just 12 goals and 16 assists in 134 forgettable games for Boston. The B's gave him way more time than most contending teams would to figure things out in the NHL, but it's clear that he didn't fit here (or potentially anywhere in the league). It's another black hole in Chiarelli's awful draft history with the Bruins, which ultimately could be one of the main reasons he loses his job.

Talbot is 31, but this is his 11th year in the league. He won a Stanley Cup with the Penguins in 2009, then went to Philadelphia before playing the last two seasons in Colorado. In 63 games with the Avalanche in 2014-15, he had five goals and 10 assists. His career-high was 19 goals in 2011-12 with the Flyers and 18 assists last season with Colorado.

RICH SLATE  
@RichSlate  
sports@metro.us

## NBA

### C's vs. Cavs: A playoff series preview, really

Wait a second, what's that sound? Is that a little buzz we hear surrounding the Celtics? It is!

Believe it or not, the Celtics are worth checking out again, and it's hard not to notice a better product on the floor since the two trade-deadline deals they pulled off.

Boston improved its roster in both the short and long term by trading for former Suns guard Isaiah Thomas and former Pistons forward Jonas Jerebko. Now, for the first time in two seasons, winning seems to be first and foremost for a Celtics team just a game out of a playoff spot.

Since the two players have



The Celtics will again see LeBron Tuesday night. / GETTY IMAGES

suited up, the Celtics are 3-2, and very well could be 5-0 after two close losses, the most recent being Sunday's 106-101 loss against NBA powerhouse

Golden State.

It's clear that the effort is there, so much so that Thomas said he hasn't been on a team that's played this

hard since college.

"Everybody who gets in the game is putting their heart on the line," Thomas said after Sunday's game.

"That's what it takes to win games in this league. We're doing a great job of that."

Thomas, who is averaging 21.8 points per game through the first five games, has wasted no time in becoming a fan favorite while former Celtics guard Rajon Rondo is busy ignoring and mouthing off to his head coach in Dallas, Rick Carlisle. He then earned himself a one-game suspension for "conduct detrimental to the team."

Thomas' aggressiveness makes him the team's best offensive weapon and scorer in the biggest situations — something he has already said he embraces. And on Tuesday

(7 p.m., CSNNE), he'll be expected to continue his hot stretch against LeBron James and the Cleveland Cavaliers on the road.

It will most likely be an angry Cavs team, after they were handed two straight losses, including a hotly contested road game in Houston on Sunday that ended with James missing two crucial free throws at the end of overtime.

They've recently added an old friend from Boston: Kendrick Perkins. Traded to the Jazz at the deadline, Perkins was bought out and chose to join the Cavs for what he hopes will be a title run.

But the Celtics are making their own little playoff push, and would love nothing more than another shot at the "King's" Cavs. JAMES TOSCANO

# 3

## SPORTS



### Jordan lands on Forbes list

Michael Jordan has always despised sitting in second place, but it's a decent bet that he doesn't mind coming in at 1,741 on one particular list. Forbes magazine announced its annual World's Billionaire's List this week, and the Hall of Fame guard made the cut for the first time, owning an estimated net worth of \$1 billion, aka the 1,741st richest person on Earth.



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# NFL's game of tag touches big names

**NFL.** Detroit will let Ndamukong Suh test free agency while the Pats are holding on to Stephen Gostkowski.



Stephen Gostkowski is staying put in New England for another season.  
GETTY IMAGES

Just a month after one of the wildest Super Bowls of all-time, the NFL will be back in the headlines in early March as the league's free agency period gets underway. Monday was the deadline for teams to place the franchise tag on players and the Detroit Lions declined to do so with star defensive tackle Ndamukong Suh, who will become an unrestricted free agent on March 10 unless Detroit comes in with a quick but monster offer.

Meanwhile, the Cowboys officially used their fran-

chise tag on Dez Bryant, the Patriots slapped their tag on kicker Stephen Gostkowski, the Chiefs used their tag on pass rusher Justin Houston and the Giants officially

placed their tag on defensive end Jason Pierre-Paul.

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**JOBS**

**General Help Wanted**



**Many 7D Drivers needed NOW!**

**No child left behind.**

Due to overwhelming business we need to hire many drivers in many areas.  
Please join us on Wednesday 2/18/15 to learn more about becoming  
a 7D driver.

- Work Monday through Friday – no weekends
- Split Shifts – AM & PM
- Take home vehicles – start from home!
- Rewarding career
- Generous compensation
- Free 7D prep class
- Annual company parties for employees
- 7D licensed individuals will be offered immediate jobs (contingent upon successful completion of drug test and background check)
- Referral bonus for employees \$\$

Anyone that comes in with a 7D license will receive a \$100 gift card.  
\*You will receive your \$100 gift card on your first day of work and as long as you pass all your pre-screenings\*

**Come join us 2/18/15 at the Courtyard Marriott Boston Downtown**  
**275 Tremont St Boston, MA. – Green Line – Boylston Street Stop**  
**& Orange line – Tufts Medical Ctr Stop 10:00-4:00 p.m.**

**Please call Lyndsey – 781-693-5372**  
[hiring@marcoutransportation.com](mailto:hiring@marcoutransportation.com)

If you can't make 2/18/15 please feel free to come to our office anytime to fill out an application  
224 Calvary Street Waltham, MA 02453.

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DONUTS**

Dunkin' Donuts located at  
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associates. Starting rate for  
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and we will train. Transportation  
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– Together –**



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Offering flexible schedules,  
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and an opportunity to work for  
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**[StopBullying.gov](http://StopBullying.gov)**



FROM THE  
YOU AND ME  
STOP BULLYING



## Free Mini-Med School Classes at Harvard Medical School Begin March 10

Health information comes to you every time you watch the news, listen to the radio, or visit a website. To navigate through the often confusing messages, the Longwood Seminars at Harvard Medical School offer the general public reliable information on complex health and scientific issues—at no cost and without a referral.

No scientific background is needed to enroll in these mini-med school seminars. Those who attend three or more classes are eligible for a certificate of completion. Teachers who attend all four classes can earn 10 professional development points (PDPs).

At each mini-med school seminar, Harvard Medical School faculty members present an overview of the seminar topic, and then explain both the scientific and clinical implications of the issue, as well as the latest research findings. Following is a Q&A session, when you will have an opportunity to question the experts.

**Space is limited. Register online at [hms.harvard.edu/minimedschool](http://hms.harvard.edu/minimedschool) or call 617-432-3038.**

The 2015 series features:

### March 10 **High-Tech Med: The newest wave of medical innovation**

From the introduction of the smallpox vaccine to the first successful kidney transplant to developing genome sequencing methods, Harvard Medical School researchers have been on the cutting edge of scientific discovery. In this seminar learn about today's innovative wonders being developed in Harvard laboratories, and what's next on the horizon as medicine and technology converge.

### March 31 **Was It Something I Ate? Understanding food allergies**

Are the foods we eat making us sick? The

occurrence of allergic disease is skyrocketing and some estimate that as many as one in five Americans have an allergic condition, including reactions to foods. This seminar aims to improve our understanding of food allergies and intolerances, and explain how our modern diet may be contributing to a rise in these kinds of autoimmune disorders.

### April 14 **Music as Medicine: The impact of healing harmonies**

It's been said that music soothes the soul, but can it also help heal our bodies and help us learn? In this seminar, Harvard Medical

School scientists and physicians share how they use music as a tool to help patients—from premature newborns to elderly stroke victims—survive and thrive.

### April 28 **Diseases Gone Global: What causes epidemics?**

Humankind is in an ongoing struggle against infectious invaders. New diseases are spreading around the globe and diseases that were once considered eradicated are now making a comeback. What's driving the resurgence? Where do these bugs come from? How do

they spread? In this seminar researchers explain how they are developing ways to track, control and eventually cure these diseases.

All mini-med school classes run from 6 p.m. to 7:30 p.m. at the Joseph B. Martin Conference Center, Harvard Medical School, 77 Avenue Louis Pasteur, Boston. The Conference Center is a short walk from the Longwood T stops on the Green Line D and E trains and several bus lines including the #39 and #47. Parking is available at public garages in the Longwood Medical Area.

**Questions? Contact the Harvard Medical School Office of Communications and External Relations at [longwood\\_seminars@hms.harvard.edu](mailto:longwood_seminars@hms.harvard.edu).**

# What's up, doc?

## FREE mini-med school classes for the general public

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**High-Tech Med**

The newest wave of medical innovation



March 31, 6:00–7:30 pm  
**Was It Something I Ate?**

Understanding food allergies

April 14, 6:00–7:30 pm  
**Music as Medicine**

The impact of healing harmonies

April 28, 6:00–7:30 pm  
**Diseases Gone Global**  
What causes epidemics?

Presented by faculty from Harvard Medical School and its affiliated hospitals.

Attend three or more classes to earn a Certificate of Completion.

Public school teachers are eligible for 10 PDPs for attending all four classes.

The Joseph B. Martin Conference Center is located in the Longwood Medical Area at 77 Avenue Louis Pasteur, Boston.

Harvard Medical School is a short walk from the Longwood stops on the **Green Line D and E trains** and the **#39 bus**. Parking is available at public garages.

Space is limited. Visit [hms.harvard.edu/minimedschool](http://hms.harvard.edu/minimedschool) or call 617.432.3038 for information about how to register. Follow the events live on Twitter: #HMSminimed



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